

Golf Week 5

Follow week 1 rules for attendance, safety and stretching

Skill: Playing the course

Playing: Set up 2 holes and tell the kids about playing. Explain to them how to keep score. Where to stand when someone is hitting. (Always stand to the right and behind the player hitting) Explain to them how if they hit the ball outside of the cones it is a penalty shot so they add that shot to their score.

Have the kids play the holes

Stations: 7 to 8 minute rotations

Games: Knockout pitching. Use the big circle targets to play a game of knockout. One line. Kids hit toward target. First kid hits. Keep his ball where it lands. The next kid knocks out that player if he hits it closer to the target. If he doesn't hit it closer than the first kid goes to the back of the line. So on and so forth till there is only one kid standing

Game: POPman Suit if time remains

HOLES

3–5 times each

3 hole — include chip, putt, pitch

Run the holes as par 3, par 4, par 5

Week 5

KNOCK-OUT — Instructions Week 5

See **KNOCK-OUT Set up**, next card

Player 1 hits & waits

Player 2 hits & waits

Player 1 hits

Repeat until someone hits target

If player is eliminated, go to next knock-out station

KNOCK-OUT — Set up

Week 5



Golf Week 6

Follow week 1 rules for attendance, safety and stretching

Skill: Chipping

Chipping: Chipping is a short shot that is played slightly in the air then rolls out like a putt. Show them a roll almost like a bowling ball but it should go about 5 yards in the air before rolling out like a putt. Stand with feet closer together and keep a calm lower body and rock your shoulders back in forth like a putting stroke. Have them in 2 lines. Roll one ball then chip one ball.

Stations: Rotation of 7 to 8 minutes

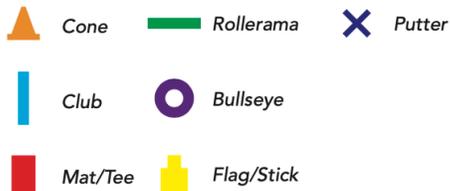
Game: Chipping knockout. Just like pitching knockout. Follow the same rules

Game: Relay race with full swing

Quick Guide to Activities

Use these activities, but feel free to modify them

KEY



5-10 minutes

Week 6

TAG

STRETCHING *5 minutes*

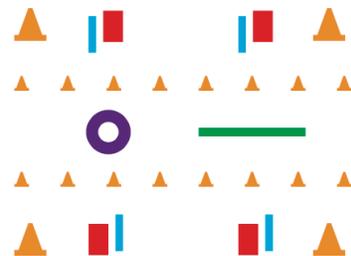
Week 6

- Touch your toes
- Arm Circles
- Triceps Stretch
- Jumping Jacks
- Jog to a point & back

CHIPPING *10 minutes*

Week 6

Try and chip over the line of cones and hit target.



KNOCK-OUT 20 minutes

Week 6

See **KNOCK-OUT Set up**, next card

Player 1 hits & waits

Player 2 hits & waits

Player 1 hits

Repeat until someone hits target

If player is eliminated, go to next knock-out station

KNOCK-OUT — Set up

Week 6



HOLES & RANGE

Week 6

Make three holes with flags & cones



Golf Week 7

Follow week 1 rules for attendance, safety, and stretching

Skill: Full Swing, Pitching, Chipping, Putting and Playing the Course

For week 7, focus on full swing instruction. Work on the path of the golf swing. The drill is to set up a ball just to the right of the ball they are going to hit. Place the ball about 5 inches apart. Have them hit the inside ball without hitting the outside ball. We want the kids to swing inside out. Describe it as hitting in a baseball field. Aim for 2nd base but swing towards 1st base.

Go over all fundamentals of the swing and try to have some individual moments and please show them the swing. Once you go over the swing send them to stations.

****Note**** Try to set up as many contest stations as possible, time permitting.

Games/Contests:

Game 1: Launching contest: Everyone gets 5 shots to see who can launch the ball the farthest.

Game 2: Chipping contest: Each Student gets 5 shots to see who can get the most balls stick to the targets.

Game 3: Pitching: Each Student gets 5 shots to see who can get the most balls to stick to the target using pitching technique.

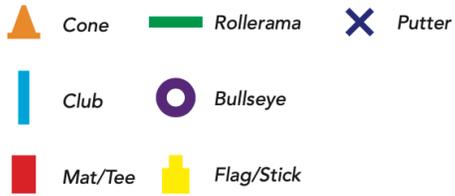
We will have 3 contests going at the same time. Repeat twice then rotate.

Game 4: 50 yard relay: ****The last game we can do after we clean everything up and have everyone do it together. This is a good way to wrap up the class****

Quick Guide to Activities

Use these activities, but feel free to modify them

KEY



STRETCHING 5 minutes

Week 7

- Touch your toes
- Arm Circles
- Triceps Stretch
- Jumping Jacks
- Jog to a point & back

10 minutes

Week 7

FREEZE TAG

LONG HIT

Week 7

- Three rounds
- Mark the longest shot



GAME

Week 7

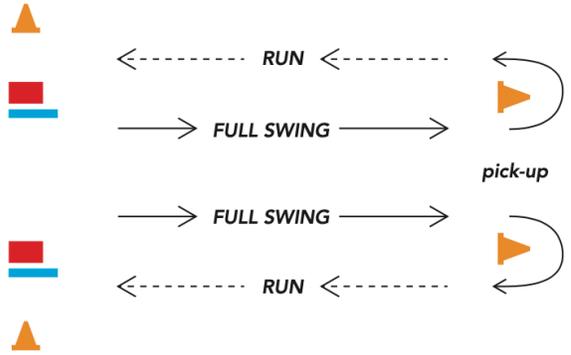
- Three rounds
- See who can hit target the most



RELAY

2-3 separate stations

Week 7



Week 7

TAG

Golf Week 8

Follow week 1 rules for attendance, safety, and stretching

Skill: Playing the Course, Chipping, Pitching, Putting

For week 8 we are going to add another competition to finish up the 8 week session. Make as many different holes as you can with the ropes and cones provided

This should be an *individual* stroke play competition. Explain again how to keep score and to add a stroke if they go outside of the cones (out of bounds).

Try to vary the shapes of the holes.

Game: Have the kids help clean up and then ask which of them want to wear the PopMan suit to finish up the class.